

# Welcome to Ellicott City 50+ Center



March-April 2016



**9401 Frederick Road  
Ellicott City, MD 21042**

Front Desk

**410-313-1400**

Fitness Center

**410-313-0727**

**Hours**

**Monday - Friday**

**8:30 am - 4:30 pm**

**Center Email**

[ecsc@howardcountymd.gov](mailto:ecsc@howardcountymd.gov)

**Newsletters Online**

[www.howardcountyaging.org/50pluscenters](http://www.howardcountyaging.org/50pluscenters)

**Volunteer Website**

[www.hocovolunteer.org](http://www.hocovolunteer.org)

**Facebook**

[www.facebook.com/HoCoCitizen](http://www.facebook.com/HoCoCitizen)

**On-Line Resource Guide**

<http://bluetoad.com/publication/?i=276149>

## **Get Our Newsletter Electronically!**

Stay informed and up to date by getting our program information right from your home computer. Sign up at the Front Desk to be added to the Center Newsletter Email Distribution List.

**Scan In:** When visiting the Center, please have your membership card available to scan. This helps us track accurate Center attendance.

## Irishmen's Chorale



**Friday, March 18, 2016  
12:30 p.m.**



### **Amhránaí Na Gaeilge "The Irishman's Chorale"**

Come celebrate the day after St. Patty's Day as we welcome **Amhránaí Na Gaeilge**, the Irishman's Chorale, an authentic Irish Choral Group founded in 1985 by Larry Feely. This group is one of the largest all male Irish choruses in the United States. The Chorale is dedicated to the preservation of Irish culture and its history through music.

## Blue Plate Specials

Exciting things are happening in our kitchen! On the third Friday of every month we will be adding a new feature to our lunch menu called the Blue Plate Special. The Blue Plate Special will change each month and may tie in to an event, a culture or a seasonal holiday. This month the Blue Plate Special highlights St. Patrick's Day. Check the menu for the exact selection and whether it is a pay in advance meal or lunch by donation (prices will vary). Either way, reservations are required one week in advance. Come for the food, stay for the friends! Lunch is served at noon.



# General Information

## Meet the Staff

<b>Director</b>	Cindy Saathoff
<b>Assistant Director</b>	Vicki Stahly
<b>Admin/Registrar</b>	Jodi Bargamian
<b>Nutrition Specialist</b>	Rebecca Mengel
<b>Fiscal Technician</b>	David Irwin
<b>Utility Worker</b>	Dominick Collins
<b>Fitness Center Staff</b>	Sam Stahly
<b>Fitness Center Staff</b>	Jeannie DeCray
<b>Plus Program Director</b>	Felicia Stein
<b>Plus Assistant Director</b>	Joyce Nagel-Mortell
<b>Plus Program Asst</b>	Alyson Olmstead
<b>Plus Program Asst</b>	Margaret Fries

## Ellicott City 50+ Council

<b>President</b>	Nancy Cudmore
<b>Vice President</b>	Diane Waslick
<b>Secretary</b>	Dorothy Biller
<b>Treasurer</b>	Tom Potter
<b>Members at Large</b>	Sylvia Barron
Leo Bianco	Teddy Clarke
Denise Giffin	Randy Hetzel
Anne Kaiser	Andrew Liro
Marian O'Byrne	Isobel Schum
<b>Member Emeritus</b>	Velva Howard

**Next Council meetings are  
March 14 & April 11 at 1 pm  
All are welcome.**



## Ellicott City 50+ Center Council Notes

A big thank you is extended to the outgoing council members who have served the Center unselfishly during their time on the Council. President, Nancy Cudmore (2 years of service), Vice President, Diane Waslick (2 years of service), Tom Potter (6 years of service), Sylvia Barron (14 years of service), Teddy Clarke (6 years of service), Randy Hetzel (2 years of service) and Isobel Schum (6 years of service). Our most sincere thanks and appreciation for their commitment and tireless efforts!

## Navigating the Center

### LUNCH PROGRAM

To join us for lunch, please sign up **in advance** in the lunch book located at the front desk. Call **410-313-1400** to cancel your lunch reservation if you are not coming.



Meals are available for persons 60 years and older, and their spouses, regardless of age. Voluntary anonymous contributions are requested from eligible participants. Please contribute generously to ensure the continued viability of this program. The full cost of a regular meal is \$4.10 and \$5.39 for special meals.

### SIGN-UP & PAYMENT FOR CLASSES

Membership to a Howard County 50+ Center is required prior to enrolling in any program, pass or class. The front desk is open for transactions between 8:30 am and 4 pm. Payments can be made via cash, credit card or a check made payable to **Howard County Director of Finance**. Online registration can be done at the ActiveNet website: <http://apm.activecommunities.com/howardcounty>.

We recognize that there are times when you may need to withdraw from a class. At a minimum, all refund requests are subject to a 20% administrative fee and there are no refunds for missed classes. Additional fees may be assessed to recover costs associated with the program.

# General Information

## ***Please Note***

Ellicott City 50+ Center membership is required to attend or register for any class, program or activity. Membership is free and available to those age 50+ who fill out an application packet.

## ***Senior Center Plus Program***

**Monday-Friday**

**10 am-2 pm**

The Senior Center Plus program is co-located in the Ellicott City 50+ Center. This is a supervised four-hour licensed program that promotes a balance of well being, self-reliance, socialization and independence of the community-based adult who may require some assistance with daily activities.

The program features exercise, memory enhancement activities, arts & crafts, educational programs, entertainment, recreational opportunities, a daily lunch and more. This is a fee for service program for eligible individuals.

For more information about this program, please call **410-313-1425**.

## ***Coffee Service***

**Monday-Friday**

**8:30 am-1 pm**

Coffee service is provided in the Great Room during the listed times. Your coffee donation helps keep this service available to members.



Volunteers are needed to assist the front desk in both buildings. Are you a "people person" who feels comfortable operating computers? If so, see the front desk for details.

## **Take a closer look!**

If you are a new resident of **Miller's Grant**, have never been to the Center or haven't been around in awhile, please stop in and allow us to give you a first hand look at all the great things we have to offer. We look forward to touring you through our Center soon!

## ***Transportation Options***

Many of our members travel to the Center by their own automobile. If this is not a viable option for you, transportation is available to the Center through Regional Transit/RTA Ride. Riders must be certified. For certification, reservations and cancellations please call the Customer Service Line at **1-800-270-9553** and select option 3 for "paratransit and RTA Ride service". Visit the RTA website at [www.transitRTA.com](http://www.transitRTA.com).

## ***Program Suggestions?***

If you have a program idea that you think would be well received at the Center or know someone who is a great instructor, please let our Assistant Director Vicki know. She is always on the look-out for new programs and engaging presenters.

## ***Americans with Disabilities Act Accommodations***

To request this document in an alternate format, or to request accommodations to participate in a program/event, please contact the Center at **410-313-1400** at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

# Services and Programs

## **Blood Pressure Screenings**

**Tuesdays  
9 am-12 noon**

Understanding high blood pressure and knowing how to manage it is an important part of maintaining your health. Don't pass up this opportunity to have your blood pressure checked to avoid serious health conditions. *Sponsored by Howard County General Hospital.*

## **State Health Insurance Assistance Program (SHIP)**

**Appointments  
Wednesday 9 am or 10:30 am  
Thursday 1 pm or 2:30 pm**

Meet with a trained volunteer for confidential assistance with health insurance concerns.



LOCAL HELP FOR PEOPLE WITH MEDICARE

This is a free service. For a SHIP appointment at the Ellicott City 50+ Center, please call **410-313-1400**.

## **Maryland Access Point (MAP)**

**Friday  
March 11 & April 8  
10 am-12 noon**

**Jill Kamenetz**, MAP Specialist, is available at the Center, by appointment on selected Fridays, to help with homeowners and rental tax credit paperwork. She is also available to help with information, referrals for assessments or general information about Office on Aging programs.

Make an appointment by calling MAP at **410-313-5980**.

## **AARP Income Tax Preparation**

**Appointment Required  
Mondays & Fridays: 10 am-3 pm  
Tuesday evenings: 5-7 pm  
Appointments conclude on April 15  
(Held in the 50+ Fitness Center)**

AARP and the IRS are sponsoring free personal Federal and Maryland Income tax preparation. Appointments will be held in the Classroom of the Ellicott City 50+ Fitness Center on the days and times listed above.

All preparers and volunteers have received IRS approved training and certification in tax preparation. This service is available to middle and low income tax payers with special emphasis for those 60 and older. Self-employment returns with more than \$5K in expenses or very complex returns are not eligible for this service. Each appointment is for one single or joint return.

- Bring Social Security cards for anyone listed on your return.
- Bring your 2014 state and federal tax returns.
- Bring 2015 tax records with you.
- If you had investment transactions during 2015, be sure to bring the purchase cost for those transactions.

To schedule an appointment at Ellicott City 50+ Fitness Center, please call **443-574-5373**.

**TAX APPOINTMENTS  
ARE NO LONGER SCHEDULED BY  
CENTER STAFF.**



A non-competitive, peer-led, bicycling club for adults of all ages and riding abilities. The 2016 season begins in May. For more information, visit [www.howardcountymd.gov/C2H](http://www.howardcountymd.gov/C2H) or call Jen Lee @ **410-313-5940**



# Services and Programs

## **Free Hearing Screenings**

**Tuesday, March 15**

**9 am-1 pm**

Dr. Mary Carson, Clinical Audiologist from Clarity Audiology & Hearing Solutions in Ellicott City will be performing free hearing screenings at our 50+ Center. Schedule a 15 minute appointment by calling the Center at **410-313-1400**.

## **Mission: Nutrition!**

**Thursday, March 24-Fats**

**10:30-12:30 pm**

**Thursday, April 28-Proteins**

**9:30-11:30 am**

(Held in the 50+ Fitness Center)

Take a closer look at some important ingredients in your diet. Join us on the dates listed above to hear a short presentation by

our registered dietitian. Be proactive! Knowledge is power so stop in and learn!



## **Howard County**

### **Police Department**

**Thursday, March 24 & April 14**

**11:30 am**

**Pfc. Andre Lingham**, Senior Citizen Liaison, will be at the Center to discuss current safety tips and fraud prevention. Find out about local community concerns and scams.

## **Ask the Pharmacist**

**Monday, March 28 & April 25**

**11 am**

Don Hamilton, P.D., Consultant Pharmacist, will provide updates and important information about your medications. Please bring your questions, your drug lists, or your prescription containers to confidentially discuss your current medication concerns.

## **B Games**

**2nd & 4th Mondays 10:30-11:30 am**

Drop in for an hour of some entertaining brain action! Engage in team-play for Brainbusters to see if your trivia knowledge reigns supreme or try your hand at creating words from a jumbled grid. Guaranteed hour of fun & friends. FREE!

**Brainbusters**

March 14 & April 11

**Boggle**

March 28 & April 25

## **Easy Technology Navigation**

**Thursdays**

**10-11:30 am**

**3/3**

Navigating your System

**3/10**

Navigating the Internet

**3/17**

Navigating your E-mail

**3/24**

Creating a Document

**3/31**

Downloading Apps

**4/7**

Facebook

**4/14**

Internet Games

**4/21**

Music and More

**4/28**

Computer Maintenance

Learn to navigate computers, the internet, email, Facebook and more. This free basic instructional class is designed for those who are familiar with their computer. Please limit sign-ups to two sessions. Computers are not provided so bring your own portable device with you and get the latest and easiest tips and tricks for navigating your technology! Sign up at the Front Desk.

## **MOVIE DAY-Take II**

### **Everest**

**Wednesday, March 23 at 1 pm**

(Held in the 50+ Fitness Center)

Join us for our second attempt at watching this riveting movie where a climbing expedition on Mt. Everest is devastated by a severe snow storm. This movie is based on a true story. Refreshments available while supplies last. *Ironically our first attempt at showing this movie was thwarted due to a severe snow storm!*

# Classes, Clubs & Comments

**Howard Community College  
Continuing Education Classes**  
(Held in the 50+ Fitness Center)

## ***Alexander the Great***

**Tuesdays**  
**March 8 & March 15**  
**10 am-12 pm**



## ***World Religions***

**Thursdays**  
**April 7 thru April 28**  
**1-3 pm**

Please call HCC for class fees and for more information at 443-518-1000. **All registration is done through the college, and online at [www.howardcc.edu](http://www.howardcc.edu).**

## ***Introduction to Chess 101***

**Tuesday, March 8**  
**10 am**

Instructor and Chess enthusiast, Gene Crawford will be at the Ellicott City 50+ Center to present Chess 101. This program gives an introduction to chess and a brief history of the game.

Gene is interested in starting a Chess Club at the center for beginners on up. If you would like to learn the basic fundamentals of Chess playing, we invite you to join this newly forming group.

*\*A weekly chess club will begin on Tuesday, March 15 from 10 am-12 pm.*

## ***Book Club***

**Wednesday, March 23 at 1 pm**

The group will discuss "*Girl Waits with Gun*" by Amy Stewart.

**Wednesday, April 27 at 1 pm**

The group will discuss "*The Forgotten Garden*" by Kate Morton.

**NEW!**

## **History Programs**

### ***Patapsco River Valley History Elkridge to Ellicott City***

**Wednesday, March 30**  
**1 pm**

Join Edward F. Johnson, Volunteer Ranger from Patapsco Valley State Park to learn how this area played a major role in the development of Ellicott City, Elkridge and our country. Topics will include the Indians who hunted here, the Elkridge Landing harbor, early industry of iron forges and mills, devastation of the land by man and by nature, contributions by the Ellicott Brothers, the B&O Railroad, the Thomas Viaduct, the Civil War connections, the Bloede Dam, Maryland's First State Park, and the Civilian Conservation Corps. There are 30 "firsts" that occurred along these 5 miles of the Patapsco River .....first in Maryland, first in the country, and first in the world. Enlarged, old photos will be shared along with the talk.

### ***Why Did They Come to the Patapsco Valley and What Did They Do?***

**Wednesday, April 27**  
**1 pm**

Find out what brought these great historic figures to our area and what important contributions they made.

Captain John Smith • Robert E. Lee • Caleb Dorsey • Benjamin Banneker • Charles Carroll of Carrollton • Babe Ruth • The Ellicott Brothers • Ross Winans • Oella • Greenpeace • President Andrew Jackson • President James Polk • President Abraham Lincoln • Linda Van Wagoner Wilkens • John Glenn • John Wilkes Booth • Gen. Colin Powell • Gen. Norman Schwarzkopf

## ***Save the Date***

**Monday, May 2 - Law Day**

Free prep of advanced medical directives.

**Saturday, May 14 - Show Time Singers**

Free ticketed entertainment event.

# Classes, Clubs & Comments

## **Beginners Line Dancing**

Stay in shape by learning to dance at your own pace....step by step! Class will get you dancing to country, rock and roll, Latin and Broadway music. Class welcomes both men and women and is taught by Ellen Laupus.

**Monday 2:30 pm**

**April 4 thru May 23**

8 classes for \$60 (A02426.701)

**Wednesday 2:30 pm**

**April 6 thru May 25**

8 classes for \$60 (A02426.702)

## **Beyond Beginners Line Dancing**

Join a great group of dancers who will have you up movin' and groovin'! This line dancing class is designed for students who are familiar with basic line dancing. Come get fit the fun way with Mary McCormick!

**Thursday 3:30 pm**

**April 7 thru May 26**

8 classes for \$60 (A02418.701)

## **Watercolor Basics Class**

**Wednesdays 9:30 -11:30 am**

**April 6-May 11**

**6 classes for \$43**

Master the fundamentals of drawing, shapes, values, textures and design. Learn the use of tools and materials as well.

Sign up at the front desk. For the supply list call instructor Carole Zink at **443-546-3587.**



## **Living Meditation Class**

(Held in the 50+ Fitness Center)

Have you ever thought you can't calm your mind enough for meditation? Then this fun and stimulating class is for you! Discover pathways into your own inner peace. Leave with new skills, understanding and a stronger personal foundation for the challenges of life. This is a seated class led by Betty Caldwell, author and private healer.

**Tuesday**

**March 22 thru April 12**

4 classes for \$28

**11 am**

(A02428.601)

**April 26 thru May 17**

4 classes for \$28

**11 am**

(A02428.701)

## **Piano Lessons or Vocal Lessons with Diane**

**By Appointment:**

**\$30 per half hour session**

Looking to improve your pitch or play a tune on the ivories? Private piano and voice lessons are offered at the Center. The student is responsible for purchasing music books and materials. Please direct all questions to the instructor, Diane Waslick at **410-978-9974.**



# THE MOSAIC PROJECT

FREE STUDIO WORKSHOP

The Ancient Art of MOSAIC MAKING  
with a Visionary Spin!

Open to Howard County residents age 50 and older. Each participant will learn the basic techniques of mosaic-making, including glass-cutting and grouting, and will complete an individual piece to be combined into a large-scale installation, which will be available for public viewing. Space is limited; register today!

North Laurel 50+ Center

9411 Whiskey Bottom Road, Laurel, MD 20723

Thursdays in April • 10 a.m. - 12:00 noon

April • 7 | 14 | 21 | 28 • 2016

REGISTER no later than MARCH 31!

Michelle Feng

PHONE 410-313-0380 • EMAIL [yfeng@howardcountymd.gov](mailto:yfeng@howardcountymd.gov)


**OFFICE ON AGING**  
Department of Citizen Services


**AMERICAN  
VISIONARY  
ART MUSEUM**


**Howard County  
RECREATION & PARKS**

If you need this information in an alternate format or need accommodations to attend, call Maryland Access Point at 410-313-5980 at least one week in advance.

# March/April Events

**NEW!**

## **Brain Aerobics**

**Wednesday, March 9**

**Wednesday, April 6**

**1 pm**

(Held in the 50+ Fitness Center)

Join Robin Zahor R.N. B.S.N. for an hour of Brain Aerobics. Strengthen your brain while having fun in the process. Robin will share healthy tips along with mental aerobics to help make your brain more powerful!



## **Genealogy**

**Wednesday, March 9**

**Wednesday, April 13**

**10 am**

(Held in the 50+ Fitness Center)

### **March Topic: Love & Marriage**

"Love is a many splendored thing". But folks didn't always marry for love. We will explore the types of marriages, what marriage records are available, how and where you can find them.

### **April Topic: Family Trees, Good & Bad**

At one time, family trees were found only in books. There are now millions of family trees on line. We will look at not only the construction of these trees, but also the benefits and the pitfalls associated with these trees.

## **Brain Fitness**

**Thursday, March 10**

**Thursday, April 28**

**11 am**

Robin Zahor R.N., B.S.N. presents an innovative brain exercise program to help keep the mind sharp. She addresses topics that will keep the brain healthy and in tip-top shape.

## **Pizza Day**

**Friday, March 11**

**\$5**

Sign up at the Front Desk by Monday, March 7 for this Center favorite lunch! Price includes 2 slices of pizza, salad and a beverage.

## **Howard County 50+ Players "With Love from Broadway"**

**Thursday, March 10**

**12:30 pm**

Each year, the "Fab 50's" provide an outreach program for local 50+ Centers, free of charge. For its 2016 season, the Players will present their newest musical program,

### **"WITH LOVE FROM BROADWAY"**

includes Broadway classics centered around the theme of love. The Fabulous 50+ Players are a senior musical theatre performance troupe sponsored by the Howard County Arts Council that seeks to provide a creative outlet for active older adults in our community.

## **The Village in Howard County**

**Wednesday, March 23**

**2 pm**

The Village in Howard is a member-based community of Howard County residents 55 and older who want to continue to live independently in the homes and in the neighborhoods they know. Join Mary McGraw, for a power point presentation and discussion about this valuable resource.

## **The 10 Warning Signs of Parkinson's Disease**

**Wednesday, March 30**

**11 am**

Join Bailey Vernon, of the Johns Hopkins Parkinson's Disease and Movement Disorder Center for a presentation on symptoms, diagnosis, treatment and community resources for Parkinson's Disease and related movement disorders.

It may be difficult to determine whether or not one has Parkinson's Disease. Parkinson's disease is when your brain stops making an important chemical called dopamine. Learn how working with your doctor can help you stay healthy longer. Sign up at the Front Desk.



# March/April Events

## **Table Tennis Tournament**

**Friday, April 1**

**1 pm**

**\$5 Entry Fee per Player**

(Held in the 50+ Fitness Center)

Join us for our first blind draw double's tournament. The tournament will consist of best out of 3 games, games played to 11 points with winners advancing. Prizes awarded to the final two teams. Light refreshments available. Sign up at the Front Desk by Wednesday, March 30. Public tournament seeding will take place at noon on Thursday, March 31 in the Great Room.



## **Two for the Show**

**Thursday, April 7**

**12:30 pm**

Stop in to hear the fabulous duo of Paula and Tom, "Two for the Show". Hear songs through the years - past to present that will provide you with an afternoon of delightful entertainment.

## **Clutter Free Your Life**

**Wednesday, April 13**

**1 pm**

(Held in the 50+ Fitness Center)

Sonal Adamson, owner of Clutter-Free 4life, Professional Organizer specializing in clutter management, will discuss how to handle daily postal mail and demonstrate how to create a mail organization system.

**\*Door prize:** Attendees will be entered to win a \$50 gift certificate worth of de-cluttering and organization services.

## **Mary Kay Beauty Day**

**with Gina Brooks**

**Thursday, April 14**

**1 pm**

Pamper yourself while learning beauty tips & tricks from an expert! Join Gina for a fun filled make-up lesson.

## **Real Estate 101**

**Wednesday, April 20**

**1 pm**

(Held in the 50+ Fitness Center)

Get first hand, real estate information from Pauline Hwang of Long & Foster.

**How is the market?** Learn about today's market and get answers to questions you may have.

**Selling my house - Steps to begin the process.** Are you thinking about selling your home? Come and get tips to see what you need to know to begin the next step.



## **Morning Bingo & Pizza Day**

**Friday, April 22**

**10:30 am - Cost: \$4 Bingo + \$5 Pizza**

Why not grab a friend (or make new ones when you get here!) and start lining up your lucky stars to join us for a fun morning of Bingo? The grand prize is generously provided by **"Heartlands Senior Living"**. Take part in either activity or both but please sign up and pay for Pizza Day by Monday, April 18.

**NOTE:** Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.

# 50+ Fitness Center

The Ellicott City 50+ Fitness Center is available to help put you on the path to lifelong fitness. It can be found directly across the parking lot from the main 50+ Center building.



- ♦ Participants must be 50 years of age and a member of a Howard County 50+ Center.
- ♦ Passes are established from the date of purchase.
- ♦ Refunds are not provided.
- ♦ Room key fobs must be returned to the front desk before you leave the 50+ Fitness Center or a \$10 replacement fee will be charged to your account.

## WORK OUT WITH US—WE'RE NOW OPEN ON TUESDAY NIGHTS!

### Lobby Hours:

Monday, Tuesday & Wednesday  
8:30 am-8 pm

Thursday & Friday  
8:30 am-4:30 pm

**410-313-0727**

### Go50+ Fitness Package **\$75/year County Resident** **\$100/year Non-Resident**

This package is a collaborative program with Recreation and Parks that provides more locations for your 50+ work-out. Included in your payment is unlimited use of the fitness equipment rooms Ellicott City 50+ Fitness Center, Roger Carter, North Laurel or Gary J. Arthur at Glenwood Community Centers.

### Ellicott City 50+ Center Equipment Monthly Pass **\$10 County Resident** **\$15 Non-Resident**

This pass allows use of the fitness equipment room at Ellicott City 50+ Center only.

### Group Exercise Quarterly Passes **\$125 For 3 Month Pass**



Our GO50+ membership packages are designed to enhance the quality of life for the 50+ adult population that lives, works and plays in Howard County. Effective January 4.

Live longer, healthier lives... join today!

50+ CENTERS	GO50+ FITNESS	GO50+ POOL
<p>Membership includes access to Gary J. Arthur and N. Laurel Community Centers and all Howard County 50+ Centers.</p> <ul style="list-style-type: none"> <li>• Game Room Areas</li> <li>• Gymnasiums</li> <li>• Walking Tracks</li> <li>• Wellness Programs</li> </ul> <p><b>FREE</b></p>	<p>Membership includes access to Gary J. Arthur, N. Laurel and Roger Carter Community Centers and all Howard County 50+ Centers.</p> <ul style="list-style-type: none"> <li>• All 50+ Center Benefits</li> <li>• Fitness Rooms</li> <li>• Dance/Aerobics Studio*</li> </ul> <p>Resident: \$75 per year Nonresident: \$100 per year</p>	<p>Membership includes access to Gary J. Arthur, N. Laurel and Roger Carter Community Centers and all Howard County 50+ Centers.</p> <ul style="list-style-type: none"> <li>• All 50+ Fitness Benefits</li> <li>• Pool Access During Open Swim Hours</li> </ul> <p>Resident: \$175 per year Nonresident: \$225 per year</p>

\*Dance/Aerobics Studio not available at Ellicott City 50+ Center.

**ELlicott CITY 50+ FITNESS CENTER**  
9401 Frederick Road, Ellicott City, 21042  
Voice/helpline: 410-313-0727  
www.howardcountyparks.org  
8:30 AM-7:30 PM, M-W,  
8:30 AM-4 PM, Th & F

**GARY J. ARTHUR COMMUNITY CENTER**  
2400 Rte 97, Colesville, 21223  
Voice/helpline: 410-313-4040  
Status line: 410-313-4452  
www.howardcountymd.gov/GJACC.htm  
7 AM-9 PM, M-Sa; 9 AM-6 PM, Su

**NORTH LAUREL COMMUNITY CENTER**  
9411 Whiskey Bottom Road, Laurel, 20723  
Voice/helpline: 410-313-0390  
Status line: 410-313-4452  
www.howardcountymd.gov/NLCC.htm  
8 AM-9 PM, M-Sa; 9 AM-6 PM, Su

**ROGER CARTER COMMUNITY CENTER**  
3000 Millstone Drive, Ellicott City, 21043  
Voice/helpline: 410-313-2764  
Status line: 410-313-4452  
www.howardcountymd.gov/RCCC.htm  
6 AM-10 PM, M-F; 7 AM-10 PM, Sa;  
7 AM-9 PM, Su



**Howard County**  
RECREATION & PARKS



**Howard County**  
OFFICE ON AGING  
Department of Citizen Services

# 50+ Fitness Center

## Group Exercise Quarterly Pass Class Schedule

Day/Time	9 am - 9:45 am	10 am - 10:45 am	11 am - 5:30 pm	5:30 - 6:15 pm	6:30 - 7:15 pm
Monday	Power	Zumba Gold Toning	Non-Pass Programming	Zumba Gold	Gentle Yoga
Tuesday	Zumba Gold	Gentle Yoga	↓	All in One	Floor, Core & More
Wednesday	All in One	Zumba Gold Toning		Zumba Gold	Gentle Yoga
Thursday	Zumba Gold	Gentle Yoga		All classes on this schedule are a part of the Exercise Quarterly Pass = \$125	
Friday	Power	All in One			

The **Group Exercise Quarterly Pass** (\$125 for 3 months of classes) allows you to participate in any or all of the 16 designated exercise classes listed on the table above. A detailed description of each class is provided below. For questions about pass classes or if you need additional information, a staff member at the front desk will be happy to help you.

## Group Exercise Class Descriptions

**All in One** - Get it all in, in one class! Take in all the elements of fitness in one class; a good cardio work-out, strength training, balance and flexibility. Bring a mat for floor work.

**Floor, Core & More** - Class targets the most challenging areas of the body; thighs, belly and backside. Help tighten and tone those core areas. Class draws from Pilates/Yoga and is predominantly done on the floor. Bring a mat.

**Gentle Yoga** - A perfect class for those looking to build strength through gentle yoga stretches and strengthening exercises. An additional component helps build bone density and range of motion.

**Power** - A great class to help retain or regain muscle tone. This strength training class includes a cardio warm up along with use of hand held weights to help improve body composition and increase lean muscle mass.

**Zumba Gold®** - Turns exciting Latin and international rhythms into a fun, safe and effective format for the active older adult. It's an easy to follow program that lets you move to the beat at your own speed.

**Zumba Gold Toning** - This high energy class combines targeted body sculpting exercises and cardio work with Latin infused Zumba moves. Students use lightweight, maraca-like toning sticks to enhance rhythm and tone their bodies. Sticks available for purchase through instructor.

# 50+ Fitness Center

## Fitness Equipment Room Schedule

Day	Time/Program		
<b>Monday</b>	Circuit Training Class 8:30-9:30am (\$) Date: 4/4-5/25	<b>Open: 9:30am-7:30pm</b> Open at 8:30am when Circuit is not in session.	Equipment Orientation as scheduled.
<b>Tuesday</b>	<b>Open: 8:30am-7:30pm</b>		Equipment Orientation as scheduled.
<b>Wednesday</b>	Circuit Training Class 8:30-9:30am (\$) Date: 4/4-5/25	<b>Open: 9:30am-7:30pm</b> Open at 8:30am when Circuit is not in session.	Equipment Orientation as scheduled.
<b>Thursday</b>	<b>Open: 8:30am-4pm</b>		Equipment Orientation as scheduled.
<b>Friday</b>	<b>Open: 8:30am-4pm</b>		Equipment Orientation as scheduled.

The **Fitness Equipment Room** is open for drop-in use during the open hours noted above. A complimentary equipment orientation for those interested in learning how to properly use each piece of equipment is offered. Orientation is free and prior sign-up at the Fitness Center front desk is required.

## Pay By Session Exercise Classes

*Circuit Training and 11 am Agewell are the only Pay by Session classes held in the Fitness Center*

### **Circuit Training**

This circuit class combines an aerobic workout with weight training on Precor equipment. Take advantage of personal fitness instruction without the extra cost of a personal trainer. This class is conducted in the 50+ Fitness Center.



#### **Monday & Wednesday**

**April 4 thru May 25**

14 classes for \$74

No class 4/20, 4/25

**8:30 am**

(A02420.701)

### **Agewell Aerobics**

*In partnership with*

**Howard County General Hospital**

Learn basic cardio combinations, burn calories, increase cardiovascular endurance, build lean muscle tone and bone density. End each class with a dedicated portion to strength and stretches. This class is conducted in the 50+ Fitness Center.

#### **Monday & Wednesday**

**April 4 thru May 25**

16 classes for \$43

**11 am**

(A02400.701)

#### **Tuesday & Thursday**

**April 5 thru May 26**

16 classes for \$43

**11 am**

(A02401.701)

Sign-up for "Pay by Session" classes at the Front Desk. Payment may be made in the form of cash, credit card, or check, payable to Howard County Director of Finance. You may register yourself and one other individual. You can register on-line using a credit card at <http://apm.activecommunities.com/howardcounty>.

**Registration will open on Friday, March 4, 2016  
for all Pay by Session classes listed on pages 12 & 13.**



# Pay by Session Exercise Classes

**The following Pay by Session classes are held in the main building of the Center**

## **Qi Gong**

Experience a series of gentle movements synchronized with breathing to promote positive energy movement through your body. Enhance your immune function, calm your mind and improve your sleep!

### **Friday**

**April 1 thru June 3**

10 classes for \$57

**9:30 am**

(A02406.701)

**NEW!**

## **Walk and Stretch**

Try this new exercise offering and take in fresh air, friendship and fitness in the great outdoors. Class takes you outside to walk through the community (weather permitting) and is followed by a full body stretch indoors. Please dress appropriately for the weather, wear outdoor walking shoes and bring a watch or other time-telling device with you.

### **Tuesday & Thursday**

**April 5 thru May 26**

16 classes for \$43

**10 am**

(A02423.701)

## **Chair Yoga**

Experience the benefits of yoga with the security of a chair! Increase strength, flexibility & balance through standing and seated postures. Yoga helps to relieve tension, improve breathing, and promotes an overall sense of well-being. No prior yoga experience needed. Bring a non-slip mat to place under your chair.

### **Monday & Wednesday**

**April 4 thru May 25**

16 classes for \$68

**10 am**

(A02421.701)

## **Agewell Seated Aerobics**

**In partnership with**

**Howard County General Hospital**

This seated aerobics class covers warm up and stretching exercises. It also includes the use of hand weights and improves your overall balance. A great choice for those looking for a workout from a seated perspective.

### **Tuesday & Thursday**

**April 5 thru May 26**

15 classes for \$41

No class 4/21

**12:30 pm**

(A02403.701)

## **Better Balance**

This is an effective program for those with chronic conditions impacting their balance or who feel unsteady on their feet. The cost for each participant of this class is listed below. Pre-screening is required. Call Jen Lee at **410-313-5940** before registering.

### **Monday & Wednesday**

**April 4 thru May 25**

14 classes for \$45

No class 4/20, 4/25

**12:30 pm**

(A02413.701)

## **Exercise Essentials**

Master essential exercises to manage your arthritis. Learn gentle activities, both seated or standing, to increase joint flexibility, range of motion and strength. Proper techniques for exercising within your limitations will be taught so you can attain better fitness.

### **Tuesday & Thursday**

**April 5 thru May 26**

15 classes for \$64

No class 4/21

**1:30 pm**

(A02404.701)

## **Balance "4" All**

Join one of our most sought after offerings. This class combines a perfect blend of 4 components: balance, flexibility, posture and strength which together add up to safe and active living.

### **Monday & Wednesday**

**April 4 thru May 25**

14 classes for \$60

No class 4/20, 4/25

**1:30 pm**

(A02405.701)

### **Tuesday & Thursday**

**April 5 thru May 26**

15 classes for \$64

No class 4/21

**2:30 pm**

(A02405.702)



**All classes are scheduled to run between 45 and 55 minutes in duration.  
Please check with your physician before participating in any physically demanding activity.**

# Daily Schedule

## MONDAY

TIME	PROGRAM	ROOM
8:30 am - 12 noon	Billiards (Monday thru Friday)	Game
8:30 - 9:30 am	Circuit Training (Mon/Wed) \$	Fitness Center
9 & 10 am	Exercise Pass Classes \$	Fitness Center
9:30 am - 7:30 pm	Fitness Equipment \$	Fitness Center
10 - 10:45 am	Chair Yoga (Mon/Wed) \$	Exercise
10 am - 12 noon	Painting Together (Lorraine Norris)	Arts & Crafts
10:30 - 11:30 am	B Games (2nd & 4th Monday)	Activity
11 - 11:45 am	Agewell Aerobics (Mon/Wed) \$	Fitness Center
12:30 - 1:15 pm	Better Balance (Mon/Wed) \$	Exercise
12:30 - 3:30 pm	Open Bridge	Activity Room
12:30 - 4 pm	Pinochle (Monday thru Friday)	Great Room
1 - 4 pm	Table Tennis	Fitness Center
1:30 - 2:15 pm	Balance for All (Mon/Wed) \$	Exercise
2:30 - 3:30 pm	Beginner Line Dancing	Exercise
5:30 & 6:30 pm	Exercise Pass Classes \$	Fitness Center

## TUESDAY

8:30 am - 7:30 pm	Fitness Equipment \$	Fitness Center
9 & 10 am	Exercise Pass Classes \$	Fitness Center
9 am - 12 noon	Mah Jongg	Activity
9 am - 12 noon	Blood Pressure Screening	Health
10 - 10:45 am	Morning Stretch (Tues/Thur) \$	Exercise
11 - 11:45 am	Agewell Aerobics (Tues/Thur) \$	Fitness Center
12 noon - 4 pm	Painting Together (Carole Zink)	Arts & Crafts
12:30 - 1:15 pm	Agewell Seated Aerobic Class (Tues/Thur) \$	Exercise
1 - 4 pm	Hand and Foot	Activity
1:30 - 2:15 pm	Exercise Essentials (Tues/Thur) \$	Exercise
2:30 - 3:15 pm	Balance for All (Tues/Thur) \$	Exercise
5:30 & 6:30 pm	Exercise Pass Classes \$	Fitness Center

## WEDNESDAY

8:30 - 9:30 am	Circuit Training (Mon/Wed) \$	Fitness Center
9 & 10 am	Exercise Pass Classes \$	Fitness Center
9:30 am - 7:30 pm	Fitness Equipment \$	Fitness Center
9 am - 12 noon	Kings & Queens Bridge	Activity

*(Room assignments may change at times to accommodate the needs of other events/programs.)*

# Daily Schedule

## WEDNESDAY (continued)

TIME	PROGRAM	ROOM
9 am - 12 noon	State Health Insurance Program	Health
9:30 am - 7:30 pm	Fitness Equipment \$	Fitness Center
10 - 10:45 am	Chair Yoga (Mon/Wed) \$	Exercise
11 - 11:45 am	Agewell Aerobics Class \$ (Mon/Wed)	Fitness Center
12:30 - 1:15 pm	Better Balance \$ (Mon/Wed)	Exercise
1 - 2 pm	Book Club (4th Wednesday)	Activity
1 - 3 pm	Needlework Club	Conference
1 - 4 pm	Table Tennis	Fitness Center
1 - 4 pm	Painting Together (Anne Maurer)	Arts & Crafts
1:30 - 2:15 pm	Balance 4 All (Mon/Wed) \$	Exercise
5:30 & 6:30 pm	Exercise Pass Classes \$	Fitness Center

## THURSDAY

8:30 am - 4 pm	Fitness Equipment \$	Fitness Center
9 & 10 am	Exercise Pass Classes \$	Fitness Center
9 am - 12 noon	Painting Together (Pat Weir)	Arts & Crafts
10 - 10:45 am	Morning Stretch (Tues/Thur) \$	Exercise
10 - 11:30 am	Easy Technology Navigation (sign up required)	Conference
10:15 - 11:45 am	Seniors Together Men's Forum	Activity
11 - 11:45 am	Agewell Aerobics Class \$ (Tues/Thur)	Fitness Center
12:30 - 1:15 pm	Agewell Seated Aerobics Class \$ (Tues/Thur)	Exercise
1 - 4 pm	State Health Insurance Program (SHIP)	Health
1 - 4 pm	Canasta	Activity
1:30 - 2:15 pm	Exercise Essentials for Arthritis \$ (Tues/Thur)	Exercise
2:30 - 3:15 pm	Balance 4 All \$ (Tues/Thur)	Exercise

## FRIDAY

8:30 am - 4 pm	Fitness Equipment \$	Fitness Center
9 & 10 am	Exercise Pass Classes \$	Fitness Center
9:30 - 10:30 am	Qi Gong \$	Exercise
12:30 - 3:30 pm	Open Bridge	Activity
1 - 4 pm	Table Tennis	Fitness Center

*(Room assignments may change at times to accommodate the needs of other events/programs.)*

# Special Events & Notices



## Be Ready to Vote

### Center Council Election Time

The Center Council has open seats available for the upcoming 2016-18 term. Should the interest be greater than the available positions, Council elections will take place Tuesday, March 1 through the close of business on Tuesday, March 15. Absentee ballots will also be available upon request. See the Front Desk for details.

## A World of Thanks to Gigi! Wishes for a Wonderful Retirement

After being the first friendly face to greet you at the Center for more than 8 years, Gigi Rammling has decided to try her hand at retirement. She has assured us that while she may no longer be a "staff member" we will continue to see her in her new role of "Center member". Please join us in wishing Gigi all the very best. The staff and members will miss her immensely!



## Inclement Weather Policy

Please watch or listen for school closings. If **HOWARD COUNTY SCHOOLS** are:

**CLOSED**—ALL 50+ Centers and Senior Center Plus Sites are CLOSED.

**2 HOUR DELAY**— ALL 50+ Centers open at 10 am with the exception of the Senior Center Plus Sites, which are closed. There will be NO lunches served or transportation. Programs that begin before 10 am will not be held.

**1 HOUR DELAY**— All 50+ Centers are open with programming as usual.

### AFTERNOON & EVENING ACTIVITIES

**CANCELLED**—All 50+ Centers will not hold activities or rentals after 4:30 pm.



## Save the Date

for the 8<sup>th</sup> Annual

# WOMENFEST

A Health & Wellness Event for Women

Inspiring women to live a more balanced, healthier and fulfilled life!

**Saturday, April 30 • 10 am - 3 pm**

Gary J. Arthur Community Center at Glenwood  
2400 Route 97, Cooksville, MD 21723

### EVENT HIGHLIGHTS AND DETAILS

- Free Admission
- On-Site Parking
- 90+ Exhibitors/Vendors
- Dynamic Seminars
- Engaging Workshops
- Important Health Screenings
- Cooking and Fitness Demos
- All Day Door Prizes



Howard County  
**OFFICE ON AGING**  
Department of Citizen Services

410-313-5440 (VOICE/RELAY)  
[www.howardcountymd.gov/womenfest](http://www.howardcountymd.gov/womenfest)

If you need accommodations to attend, please call  
Maryland Access Point (MAP) at 410-313-5980 at least one week prior.

## Adjusted Center Hours

Wednesday, March 16  
Friday, March 25  
Tuesday, April 26

**CLOSED** (Department Meeting)

**CLOSED** (Good Friday)

**CLOSED** (Primary Elections) Exercise Classes **WILL** meet

